



## Tips to reduce your risk of getting the flu

- Get a flu shot!
- Support a healthy immune system:
  - Get enough sleep (at least 7 hours a night)
  - Eat fruits, vegetables & whole grains daily
  - Get regular exercise
  - Avoid excess stress
- Flu spreads by respiratory droplets produced by coughing and sneezing so keep your distance (about 6 feet or more) from sick persons, especially those with flu symptoms. \* (\*Fever  $\sim 100^{\circ}$  or higher and one or more of the following: cough, sore throat, body aches.)
- Wash your hands often with soap and warm to hot water for 15-20 seconds. Alcohol-based hand sanitizers like *Purell* are also effective and can be used.
- Avoid touching your eyes, nose or mouth. Germs spread into and out of you this way.
- Don't share eating utensils, beverage containers or personal items with anyone—sick or not.
- Get a thermometer if you don't have one. You will need one in case you start feeling sick.
- Get some supplies in case all your efforts to avoid the flu don't work:
  - Pain/fever reducers such as acetaminophen (Tylenol™ or store brands) or ibuprofen (Motrin™, Advil™ and other store brands). Do not exceed dosing instructions.
  - Cough medicine may help
  - Tissues
  - Extra fluids: water, sports drinks, herbal tea, broth
- Manage your time well; keep up with your academic work; get help if feeling overwhelmed. Remember, Eastern's Counseling Services are free to students.
- Regularly disinfect surfaces (kitchen, bathroom, doorknobs) especially when a roommate is sick. Make sure you have a Lysol type product or disinfectant wipes with you here on campus.
- If you suffer from asthma, heart or lung disease, diabetes, immune system problems or other chronic medical conditions AND one of your roommates or another person in close contact with you comes down with the flu, please call Student Health Services. (465-5263)
- If you decide to help out your roommate sick with the flu, use some common sense precautions such as washing your hands after each time you are near your roommate or after handling your roommate's personal items such as beverage containers, dishes or eating utensils. Give your roommate a face mask to wear when he or she is around others—including you.